

## Support Group

### March Support Group

Great turnout last night. We had almost 30 people in attendance. In case you missed support group, click on the link below to read what we talked about. Our next meeting will be April 10th at 6:30 pm. We will be welcoming Kimberley Yang, PhD Psychotherapist. Hope to see you there!



[Dietitian's Blog](#)

Last night we discussed apps that can be used to help promote mindfulness and meditation to promote less stress and better relaxation. Some apps suggested are Pacifica and Calm. Check them out in your Apple App Store or Google Play.

Sincerely,

Bobby Bhasker-Rao MD, FACS  
Bariatric Surgeon  
Lite Life Surgery